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Caroline lives the American dream

22 July 2009

DAGENHAM 88 Runners Caroline Tuck and John Phillips took part in the Apple Days 5K race in the small town of Torrey in Utah, USA, as part of the Independence Day celebrations.

The race took place in the shadow of beautiful sandstone mountains just outside Canyonlands National Park, but the Dagenham runners found the combined effects of heat and altitude a real challenge.

Phillips finished fifth in 23.30 and picked up the ribbon for second-placed male veteran, while Tuck was third woman home overall and she won the female veteran category in a time of 24.37.



AMERICAN TRY...
Dagenham 88 Runner Caroline was first in the veteran category.

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